



Vote for videos
this weekend
in city contest

The City of Holyoke is encouraging social distancing through a contest called #HolyokeAtHome. Residents are encouraged to submit a creative video of themselves at home, of up to 30 seconds.

“All you have to do is make a video of 30 seconds, what you’re doing at home with your friends, with your family, to stay busy,” Mayor Alex Morse said this week. “You can try to be funny, however you want to come at it. Obviously, it has to be appropriate — we are screening them.”

CONTEST 5

School lunches
switch to 3-day
schedule

Starting this week, Holyoke schools changed their “grab-and-go” meal service to a three-day schedule.

The schools will continue to serve seven days’ worth of breakfasts and lunches for any child of school age who lives in Holyoke, but pickups will only take place on Mondays, Wednesdays and Fridays, to limit the amount of person-to-person contact between school employees and families.

Two breakfasts and two lunches will now be included in the Monday and Wednesday pickups. Students will continue to receive three breakfasts and three lunches on Friday, to cover the entire weekend.

LUNCHES, 3

Share your
stories of staying
at home

The Holyoke Sun wants to know how you’re coping with the coronavirus closures and how they’ve changed all of our lives — no school, no work, social distancing and staying at home.

We can’t meet our neighbors in the schoolyards, playing fields or workplaces of Holyoke, but we can all share a few snapshots of what life’s like with the kids in the house and the home office

SHARE, 3

Club steps up with emergency help

Dinners, childcare help
some families weather
coronavirus outbreak

By Shelby Macri
smacri@turley.com

Though most of its regular programs have shut down, the Boys & Girls Club of Greater Holyoke has become an integral part of the city’s response to the coronavirus outbreak, caring for the children of “essential” workers and, starting last week, feeding dinners to families who need the help.

The club’s president, Eileen Cavanaugh, wanted to find a way to help the community despite the restrictions on large gatherings. She worked to put together these two programs to meet needs that emerged as the coronavirus outbreak closed other social service agencies.

Many Holyoke children depend on free and reduced-cost lunch programs during school, Cavanaugh said, and most of the schools also offer breakfast. When students aren’t attending school, missing those meals can greatly impact their health and their families, she said. As soon as classes ended, the Holyoke School Department began offering



At right, Eileen and Dan Cavanaugh hold up bagged “grab-and-go” dinners at the Boys & Girls Club of Greater Holyoke on Wednesday. At left, staff member Justin Bresnahan, who helps with the emergency child care at the Boys & Girls Club, asks if he can help the meal program.

Photos by Shelby Macri

“grab and go” breakfasts and lunches for pickup at selected schools. Cavanaugh said she saw a way to build on that program.

“I think it’s great that there are six different locations for morning meals, and that they’re offering a wide range so all students can receive the help they

need,” she said. “We thought we could further help, and I realized that no one is offering dinner meals. We typically have a teen membership dinner during regular hours, so we decided to change it a bit and offer meals to pick up.”

Each weeknight, the club sets up a table on the sidewalk

in front of the building at 70 Nick Cosmos Way in downtown Holyoke. Cavanaugh and her husband Dan drop off the needed amount of bagged meals, and Holyoke families can pick up the bags and drive or walk off. Dan Cavanaugh

See HELP, page 5

Investigations launched at Soldiers’ Home

By Peter Spotts
pspotts@turley.com

A second investigation, this time by Attorney General Maura Healey, is being launched into what happened at the Holyoke Soldiers’ Home which, as of April 9, has had 27 deaths since a coronavirus outbreak in the facility a couple weeks ago.

Healey’s investigation is separate from the investigation by attorney Mark W.

Pearlstein, launched by Gov. Charlie Baker last week.

“Our office is launching an investigation into Holyoke Soldiers’ Home to find out went wrong at this facility and determine if legal action is warranted,” Healey said in a statement. “My heart goes out to the families who lost loved ones under these tragic circumstances.”

As of Wednesday, April 8, 20 of the 27 veteran residents who died in recent weeks had

tested positive for the coronavirus. Three tested negative, with three tests pending and one unknown. Additionally, 62 veteran residents have tested positive and 134 tested negative; 46 of those have been transferred to another site. Sixty-eight staff members have tested positive, and 210 tested negative.

All veterans who test negative are being continuously evaluated, with tests being reordered based on their medical status. So far, 18 tests have been reordered.

Employees are being tested and screened as they arrive for work. They are then screened multiple times a day, and asked to leave work if they have elevated temperatures.

The state Executive Office of Health and Human Services stated as of Tuesday, April 7, the Soldiers’ Home had confirmed that all veteran residents’ health care proxies have been notified and provided a clinical update on their loved one, with family com-



Both the governor and the state attorney general are investigating how administrators let the coronavirus spread at the Holyoke Soldiers’ Home, where 27 veterans have died in the past few weeks.

Photo by Michael Ballway

See SOLDIERS, page 4

For nonprofit
founder, it’s all
about care

By Shelby Macri
smacri@turley.com

Ruth Willemain, a Holyoke resident and nonprofit founder of Harmony House, is an award winner who has been working towards her new goal of helping those with no family spend their last moments peaceful, happy, and loved.

Harmony House is similar to a hospice, and is a social model home, meaning it relies on grants, fundraising, and contributions from the community and individuals in order to provide free care. Before founding Harmony House, Willemain spent her time as a volunteer at senior homes and hospice buildings, visiting with the patients and residents. She explained that she tried to visit those who had no other family members or friends, as they’re the people who need it the most.

“When I was volunteering,

See NONPROFIT, page 8

Counting turtles



We would love to give you or your kids a fun little project each week.

Find **TURLEY** (the turtle) our new mascot within the paper. Have fun and count how many times you find Turley.

Email your results along with your name, town and turtle count from what paper to mballway@turley.com.

We will post your name and count in the following weeks paper.

Correct answers will be submitted for a monthly drawing and a chance to win a prize.

Follow Turley on @TurleytheTurtle

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Last week's turtle totals

Did you find Turley the Turtle in last week's edition of The Holyoke Sun? Turley appeared six times.

Be sure to look closely on every page of this week's paper! We'd like to recognize our most eagle-eyed readers — if you think you've found them all, email the number you counted, along with your name and town of residence, by noon Tuesday to thesun@turley.com.



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LOCAL
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STAFF WRITER POSITION

Turley Publications is seeking an energetic person to fill the position of staff writer for two of its weekly publications: the *Ware River News*, which covers Ware, Hardwick and Warren, and the *Quaboag Current*, which covers the Brookfields, Sturbridge and New Braintree. This full-time position is based in our Ware office at 80 Main St. The successful candidate will have strong community journalism skills or the enthusiasm to develop them.

The staff writer will cover municipal meetings, features and general news; essentially everything that unfolds in small towns. Assignments will be for both newspapers as well as other companywide publications.

Qualifications should include:

- Bachelor's degree or equivalent experience
- Own camera and photography experience preferred
- Enthusiasm for community journalism
- Ability to write clean copy in a fast-paced environment

Please email resume and three writing samples directly to Eileen Kennedy Managing Editor at ekennedy@turley.com.

Turley
Publications, Inc.
www.turley.com

In The News

Supt. shares tips for all-day parenting

Holyoke schools Receiver-Superintendent Stephen Zrike shared the following tips in his email newsletter this week, under the header "Tips for Families during Social Isolation."

1. Create a schedule and (try) to stick to it! With school closures, schedules are all over the place! Try to stick to a reasonable bedtime to get a good night's sleep. Write out a calendar and hang it on the fridge to remind children of when to eat breakfast, do schoolwork, check social media, watch TV, play, etc. Children crave structure (even if they don't know it and we don't believe it!) so writing out a schedule can be very helpful for them and us. For a sample schedule and other tips, see bit.ly/thesun130.

2. Find games that you can play together. One of the positives of being stuck at home is that we can finally spend more time together. Life pulls us in different directions and we don't always get to be together as much as we want and need. If you have board games at home, bust them out! If you have a deck of cards there are plenty of games to play together, or look up games online. There is a "Play at Home Playbook" from Playworks that you can use for ideas, at bit.ly/thesun230. You can also check out their channel at youtube.com/user/playworksgo/videos for more ideas!

3. Make a list of family/friends you will reach out to and take turns making calls and face-timing (Google Duo and Facebook Messenger work for Apple and Android phones). Many of us have family members at home with us. Some of us, not so much. And all of us have family and friends that we care about that we can't see right now. Stay physically isolated, but don't be socially disconnected. Thank goodness for smart-phones! Use them to connect with friends and family members via FaceTime or Facebook Messenger. They'll appreciate seeing your face as much as you'll appreciate seeing theirs.

4. Try to eat meals together without the TV on, and do a feelings check. Many of us love eating with the television on. With so much time to watch TV now, it's great to turn it off for a little while and connect. Do a feelings check-in, like this: "I want you all to take one minute and think about a feeling word for how you're feeling. 'Good' or 'OK' are not feeling words. Be spe-

cific (younger children might need more guidance). OK, who wants to go first?" Validate feelings, connect and invite to share — "you said you feel sad, and that's completely OK, I think I can relate a little to that, especially right now, do you want to tell us more or share?" Ask how to support — "what can I or we do to help you right now?" You may not have all the answers, and that's OK! It's about listening, inviting to share and asking them what they need right now.

5. Limit your time on social media and the news. We all want to stay informed and connected. Engaging on social media can be a great way to do that. It can also increase our anxiety and overload us with too much information, some of it not true. Stay connected, but try to check yourself so you're not on the phone all day. It may also help how you feel.

6. Make a list of shows to watch as a family. When the kids go to sleep, watch the series everyone on your Facebook feed is talking about. During the day, watch the movies or series that are family-friendly. This might be a great time to watch those movies you grew up with that you always wanted your kids to see (like "Back to the Future" or "The Goonies"). The Massachusetts Department of Elementary and Secondary Education has partnered with PBS and middle and high school students have access to more educational programming on the WGBH and WGBY WORLD Channel from noon to 5 p.m. Younger students can tune into other public broadcasting channels such as WGBH Kids for educational programming.

7. Be patient and stay positive! Being at home with our children all day, whether we're working from home or not, is hard! Challenges arise and we don't have all the answers or solutions all the time, and getting frustrated is part of the process. Being patient is a lot easier said than done, and we're human, so if you feel yourself getting frustrated, remember that it's completely natural. Learn to understand when you feel your patience slipping, and try strategies to help: Step away (if you can), take five deep breaths (imagine you're smelling the roses and blowing out the birthday candles), or count to 10. Will these work? Maybe. But it's about you trying. Most importantly of all ... stay positive. Attitude is everything and we will get through this!

HCC scholarship deadline extended to April 22

Holyoke Community College is again extending the deadline to apply for scholarships for the 2020-21 academic year. The new deadline is Wednesday, April 22.

The initial deadline had already been pushed back by two weeks to April 8.

"As our students continue to navigate the new reality of remote learning in light of Covid-19, flexibility remains critical to our collective success," said Amanda Sbriscia, HCC's vice president of institutional advancement. "Over the last few days, it has become increasingly apparent that our students are juggling a lot right now, including very real concerns about their health and the health of their families. In light of these unprecedented times and myriad challenges, we have decided to give them an additional two weeks to complete their applications for the scholarships that so many of them depend upon."

More than \$200,000 in awards is available for

incoming, continuing and transferring HCC students.

Students must be currently enrolled at HCC or have been accepted for the upcoming academic year to be eligible for scholarships, which are awarded through the HCC Foundation, HCC's nonprofit fundraising corporation.

Applicants need only fill out a single online form to be automatically matched with the scholarships they are most qualified to receive. There are scholarships for new students, current students and students transferring to other institutions, scholarships based on financial need, scholarships for students in specific majors, scholarships for residents of certain communities, and scholarships that recognize academic achievement. The application process starts at www.hcc.edu/scholarships.

For 2019-20, the HCC Foundation awarded \$223,000 in scholarships to 231 students. For more information, call the HCC Foundation office at 413-552-2182.

Court sides with DAs to prevent inmate release

BOSTON — The state's Supreme Judicial Court last week rejected an emergency petition filed by the Committee for Public Counsel Services and the Massachusetts Association of Criminal Defense Lawyers, which sought to immediately release thousands of inmates held on bail and those sentenced over concerns of Covid-19 in jails and prisons across the state.

The April 3 decision, written by Justice Frank Gaziano, acknowledges the urgency of the threat on incarcerated populations but accepts the arguments of some of the respondents, including Hampden County District Attorney Anthony Gulluni and several other DAs. The court decided that the constitutional separation of powers limits its authority over sentenced inmates, who are under the jurisdiction of the state's executive branch.

Further, the court decided that pre-trial detainees, particularly those with health or age factors that place them at higher risk, should be considered for release on an individual and expedited basis at hearings in the trial court. Pre-trial detainees who are outside of excluded categories of serious and violent crimes will be ordered released unless it is established that release would result in an unreasonable danger or very high risk of flight.

The court expressed its view that the system should endeavor to reduce numbers of detainees in light of

Covid-19, but that should be done with consideration of public safety, victims' rights, and the challenges inmates will face upon release.

"We are very appreciative of today's decision by the Supreme Judicial Court. The court's decision contemplates the seriousness of this crisis for all involved, including victims of crime, our communities, and the health of inmates across the commonwealth," Gulluni said. "This decision will allow us to continue thoughtful and careful individual reviews of detainees that has and will continue to reduce inmate populations, without jeopardizing victims of crime or our citizens across the commonwealth."

In a court brief and oral arguments, Gulluni and six other Massachusetts DAs said the wholesale release of thousands of pre-trial and sentenced inmates would violate victims' rights and seriously endanger public safety across Massachusetts. The seven DAs further said that the inmates themselves would be harmed, as in this state of emergency, those released would not benefit from the bevy of after-incarceration services typically provided, including medical and substance use care, and would not be supervised by parole or probation agencies, which provide critical resources and guidance to men and women who re-enter our society after months and years of incarceration.

Donations grow W. Mass. fund to \$3M

The Covid-19 Response Fund for the Pioneer Valley has topped \$3 million in donations and growing, the Community Foundation of Western Massachusetts announced this week.

The foundation also announced \$255,000 in emergency grants awarded to local nonprofits, including at least one recipient in Holyoke. This brings the total awarded to serve the immediate needs of the most vulnerable populations affected by the coronavirus pandemic in Western Massachusetts to \$1 million.

Recent donations include \$250,000 from the Barr Foundation in Boston, \$107,000 from the Community Foundation of Western Massachusetts, \$100,000 from the Vertex Foundation, affiliated with Vertex Pharmaceuticals Inc. in Boston, \$75,000 from an anonymous foundation based in Boston, \$25,000 from Delta Dental of

Massachusetts, and \$25,000 from Berkshire Bank Foundation.

This week’s grants to nonprofits support health and other urgent services for vulnerable and underserved populations, including limited English speakers, to Gandara Center, ServiceNet, Behavioral Health Network, Clinical and Support Options, Center for New Americans, New North Citizen Council and Enlace de Familias. Clinical Support Options (for Springfield) and ServiceNet (for Greenfield and Northampton) also received grants to cover costs associated with social distancing in shelters they manage. Also, Grow Food Northampton received a grant for food distribution in Greater Northampton.

According to Katie Allan Zobel, president and CEO of the Community Foundation of Western Massachusetts, “I am awed that \$3 million has been donated

in the mere three weeks that the fund has been in existence. This outpouring of generosity from across the commonwealth of Massachusetts is a testimony to the goodness and generosity of our people. These donations go directly into the Response Fund and are quickly deployed into the community. Donors can feel confident that their gifts are supporting the critical work in our region of helping those most impacted by the crisis. Together, and working in collaboration with so many on the ground doing the work, we will get through this historic period of need.”

Zobel said the funding is targeted where resources have emerged and are desperately needed, including in the area of food security, where elderly and others are not able to leave home and access food pantries, organizations challenged with obtaining masks and gloves in serving their constituencies, and lack of trans-

lation of critical information about safety measures during the pandemic. Resources are also being deployed to address diaper shortages for families with infants and those serving the disabled, and increased requests for mental health support.

Zobel also stressed that donors are encouraged to make donations directly to nonprofit organizations working to support populations impacted by the Covid-19 pandemic, emphasizing that this fund is not a replacement for direct donations to nonprofits.

In addition to donations from business and philanthropic organizations, over 120 individuals have made donations to the CFWM Response Fund.

The Community Foundation welcomes additional donations to the Covid-19 Response Fund for the Pioneer Valley. Gifts can be made online at www.communityfoundation.org/covid19.

Hospital shares masks and face shields

Holyoke Medical Center recently shared personal protective equipment with local first responders, including Action Ambulance, the South Hadley Fire Department and the city of Springfield.

Spiros Hatiras, president and CEO of Holyoke Medical Center and Valley Health Systems, said the hospital found out local first responders were in need and decided to help.

“Holyoke Medical Center is incredibly grateful for the outpouring of support and donations received through this Covid-19 pandemic by many community businesses, Novanta, and the efforts made by the Massachusetts Health and Hospital Association,” said Hatiras. “Today we became aware that first responders in some of our surrounding communities, who work with our patients, were in

desperate need of PPE. In a time of mutual aid, we felt it was our obligation to share some of our PPE with those first responders.”

The donations included face shields and KN95 face masks for first responders. Also provided were standard face masks for the responders to provide to the persons they interact with at a distance closer than 6 feet.

After canvassing the local communities, the hospital provided 200 KN95 masks, 100 face shields and 600 standard masks each to Action Ambulance and South Hadley Fire; and 600 KN95 masks, 500 face shields and 900 standard masks to Springfield.

Holyoke Medical Center executives also spoke with officials in other surrounding municipalities, most of which had an adequate current supply of masks and face shields.

Census form mailings start next week

Households that have not already responded to the 2020 U.S. Census online may expect to receive a reminder letter accompanied by a paper questionnaire within the next week, Secretary of the Commonwealth William Galvin announced this week.

Nearly half of Massachusetts homes have already responded to the census, with most responding online. According to the most recent numbers provided by the Census Bureau, 47.1 percent of Massachusetts households have sent back a census form, which is just above the national response rate of 45.7 percent.

Massachusetts currently ranks 13th in the nation in online responses, with 44.8 percent of households submitting their form at www.my2020census.gov.

While many census activities have been delayed over the last few weeks, Galvin’s office has confirmed with the U.S. Census Bureau that paper questionnaires will be mailed out April 8-16 to those households which have

not already responded.

“I have been pleased to see that so many households have been responding to the census online. The numbers show that our residents have embraced online submission more than most other states,” Galvin said. “But if you don’t have Internet access or you simply prefer the traditional paper form, you will find that form in your mailbox very soon.”

“Remember, if you don’t respond to your census, either online, by mail, or over the phone, a census taker will need to come to your home to collect the information,” Galvin continued. “Every person who responds to the census now is helping reduce the need for those census workers to go door-to-door, at a time when that is really something we would all like to avoid.”

Residents who do not receive mail at their homes will be receiving paper forms later, once the U.S. Census Bureau can resume hand-delivery of those forms, which is currently suspended.

SHARE, from page 1

working overtime. Take a minute to send in an update on how you’re doing, what fun enrichment activities the kids have been up to, or anything else that’s made the past two weeks a special time in your home. Include full names of the writer or photographer, and anyone visible in each photo. We’ll print the best entries in next week’s newspaper, and in subsequent weeks as the state of emergency continues. The best way to contact us is

at thesun@turley.com.

We would also be glad to publish Holyoke children’s artwork, essays or photos created during the school closure. Include the creator’s full name, age, and school attended.

For all submissions, also include a telephone number and email address. We won’t publish this information, but may use it to verify identities or ask follow-up questions.

Stay safe out there — and let us know how you’re doing!

LUNCHES, from page 1

Pickup times and locations remain the same: 10 a.m. to 12:30 p.m. at the front doors of six school buildings. Families are free to choose whichever site is most convenient, regardless of which schools their children attend.

- Donahue School, 210 Whiting Farms Road.
- Holyoke High School, North Campus, 500 Beech St.
- Kelly School, 216 West St.
- Lawrence School, 156 Cabot St.
- Morgan School, 596 S. Bridge St.
- Sullivan School, 400 Jarvis Ave.

If these hours or locations present a challenge, families can contact Jose Bou at jbou@hps.holyoke.ma.us or 413-534-2000, ext. 1104, or the Family and Community Engagement member from their school, to discuss alternative arrangements.

by appointment by calling Brenda at 413-536-9109, ext. 119.

To better help families access food resources during this time, Project Bread’s Child Nutrition Outreach Program has created a master list and map of all meal sites in Massachusetts currently serving students and families. Counselors at Project Bread’s FoodSource Hotline at 800-645-8333 can help connect families to food resources, as well as provide information about elder meals programs and the Supplemental Nutrition Assistance Program (SNAP), formerly known as food stamps. The hotline is staffed 8 a.m. to 7 p.m. Mondays through Fridays, and 10 a.m. to 2 p.m. Saturdays. Information is available in 160 languages.

Additionally, to find nearby food pantries and meal sites, the Food Bank of Western Massachusetts has compiled information at www.foodbankwma.org/get-help/covid-19-food-pantry-meal-program-schedule. This link is useful both for those who need food assistance and those who may wish to donate or volunteer. The map updates live as information is received about program hour changes, as programs are added, and closures.

Additional food options

Kate’s Kitchen is providing to-go meals in the parking lot of 56 Cabot St. from noon to 2 p.m., and Margaret’s Pantry, at the same address, is available

2020 Cornelius J. Moriarty, Jr. Scholarship for Cadet Engineers

Pursuant to MGL Chapter 164, Sections 69B to 69F, applications for a cadet engineer scholarship will be received at the:


Office of the Manager
Holyoke Gas & Electric Department
99 Suffolk Street
Holyoke, MA 01040

Deadline: **May 15, 2020**
(Applications will only be considered if received on or before the deadline).

Application forms may be obtained during regular business hours at the above address or from school guidance counselors. For further information, please contact the Office of the Manager, at 536-9313.

Applicants for the scholarship must be:

- 1) Residents of the City of Holyoke.
- 2) Graduates of a duly accredited senior secondary school (year 2020 or before).
- 3) Not less than seventeen (17) years old on their last birthday, nor more than twenty-five (25) years old.
- 4) Accepted for admission to, or already enrolled in, an accredited community college, college, or university having a course of study leading to a degree of Bachelor of Science in Engineering.



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Feds give \$874K to hospital, \$744K for city

WASHINGTON, D.C. — Holyoke’s representatives on Capitol Hill this week announced that the U.S. Department of Health and Human Services has awarded Massachusetts community health centers in Massachusetts over \$36.5 million to assist in combating the Covid-19 outbreak. This includes \$874,625 for Holyoke Health Center Inc.

The funding was awarded under the Coronavirus Aid, Relief, and Economic Security (CARES) Act.

“Community health centers in Massachusetts and across the country serve the most vulnerable among us and are on the front lines of this public health emergency,” said U.S. Sen. Elizabeth Warren, D-Cambridge. “While this new funding will help our CHCs as they confront this pandemic, I’ll keep fighting to ensure that they have the resources and equipment they need to continue testing and caring for patients during this unprecedented crisis.”

U.S. Sen. Edward Markey, D-Medford, added, “For many Americans, community health centers are their only access point for health care. This funding will ensure that as we combat this viral enemy, our Massachusetts community health centers remain an integral component of our social safety net. I will continue to push for the next round of economic relief to include additional funding for community health centers so that they can care for patients during this health

emergency.”

Holyoke’s congressman, Richard Neal, is chairman of the House Ways and Means Committee. He said, “Community health centers are imperative to our region’s health and well-being, but when facing a pandemic, they become even more important. With major stress on our healthcare system, our community health centers are more indispensable than ever. As an author of the CARES Act, I was able to work with my colleagues to ensure that the funding would be there to keep health centers running while hospitals are managing the worst Covid-19 cases.”

Block grants boosted

Neal also touted an additional \$5 million in grant money he secured for Western Massachusetts communities, including \$744,265 for Holyoke.

These funds are part of the Community Development Block Grant program, and can be used on a variety of activities to be chosen by city officials. Potential uses for the money include recovery loans for local businesses, manufacturing medical supplies, job training for health care workers, and constructing or rehabilitating public facilities for testing, diagnosing and treating Covid-19, among others.

“With each assistance and stimulus effort, we seek to provide practical, impactful benefits to help people who need it most,” Neal said. “We do not

yet know the full scale of the economic impact of this pandemic, but these are the steps we can take immediately to help flatten the curve, save lives, and address the immediate needs before us. Western Massachusetts has been hard-hit by Covid-19, and this CDBG money will go directly to local needs. As chairman of the House Committee on Ways and Means, I will do whatever it takes to protect the health and financial security of our residents. Our work in Congress is far from over.”

The CARES Act is the third federal bill enacted into law in response to Covid-19 and provides historic emergency relief to families, businesses, health care providers and local governments. Among its provisions are:

- A \$150 billion State and Local Coronavirus Relief Fund to provide states and localities additional resources to cope with the coronavirus pandemic. It is estimated that Massachusetts will receive approximately \$2.67 billion.
- \$260 Billion in expanded unemployment benefits, including providing an additional \$600 per week for the next four weeks, providing an additional 13 weeks of federally funded benefits, and expanding eligibility to include workers in the gig economy and self-employed workers.
- Immediate direct cash payments to lower- and middle-income Americans of \$1,200 for each adult and \$500 for each child, beginning to phase out at an annu-

al income of \$75,000 for an individual and \$150,000 for a household.

- More than \$349 billion for forgivable loans to small businesses to pay their employees and keep them on the payroll; \$17 billion for debt relief for current and new SBA borrowers; and \$10 billion in immediate disaster grants.
- Approximately \$200 billion for hospitals, health systems, and health research, including expanding funding for the personal protective equipment such as ventilators, N95 masks, gowns, gloves, etc.
- \$2 billion for HUD Emergency Solution Grants to states that will be distributed by formula. These grants are designed to address the impact of the coronavirus among individuals and families who are homeless or at risk of homelessness, and to support additional homeless assistance, prevention, and eviction prevention assistance.
- \$3.5 billion for the Child Care and Development Block Grant.
- \$900 million to add to the Low-Income Home Energy Assistance Program, or LIHEAP, to help low-income families pay their heating and cooling bills.
- About \$750 million in CDC coronavirus state and local grants to help agencies cope with the public health emergency.
- \$400 million for election assistance grants for states to help prepare for the 2020 elections.

Wildlife areas, hunting seasons are still opening

In an effort to protect people from the spread of Covid-19, the Massachusetts Division of Fisheries and Wildlife has adjusted services, events and operations.

All hunting and fishing regulations, including licenses, are still in effect during the state of emergency and stay-at-home advisory. The revenue generated from license sales goes directly towards conservation, research, stocking, education, and restoration. Licenses can be obtained online by visiting mass.gov/massfishhunt. Outdoor activities, and travel to and from those activities, are still permitted. All residents should practice social distancing by remaining 6 feet away from other people while participating in outdoor activities. Outdoor users should avoid gathering in groups larger than 10 people.

Fishing and Trout Stocking: Fishing is allowed during this time with a valid fishing license. MassWildlife is continuing to stock trout this spring. For the safety of MassWildlife staff, anglers should not approach staff while they are stocking fish. For daily trout stocking updates, visit mass.gov/trout. Anglers should not share a boat unless it is large enough so that all persons aboard can remain 6 feet apart. Anglers and other paddlers in canoes and kayaks are reminded they are required to wear a life jacket through May 15.

Hunting: Hunting is allowed during this time with a valid hunting license. The spring turkey hunting season will open April 27 and run through May 23. Following Gov. Charlie Baker’s declaration of a state of emergency, MassWildlife cancelled all 2020

youth turkey hunt seminars. Only past participants who have completed basic hunter education and the youth turkey hunting seminar will be able to participate in the youth turkey hunt on April 25.

Wildlife Management Areas: All MassWildlife Wildlife Management Areas remain open to the public to enjoy for fishing, hunting, walking, birding, and other nature-based activities. Visitors should stay 6 feet apart from each other and keep pets leashed. MassWildlife encourages the public to visit lesser-known spots and explore the outdoors close to home. If crowded, choose a different location or time to visit. To find nearby wildlife areas, visit mass.gov/how-to/masswildlife-lands-viewer.

Events and Programs:

MassWildlife has canceled all group events and programs through May 31, including all hunter education and angler education courses. MassWildlife will continue to implement recommendations from the state regarding any future closures or cancellations.

MassWildlife Offices: All MassWildlife offices and hatcheries are closed to the public until further notice. Since most employees are working remotely, MassWildlife is urging the public to contact staff by email. Access to voicemails may be limited.

Stay Connected to Nature: MassWildlife has a list of recommended activities at mass.gov/news/stay-connected-with-nature-this-spring, to keep kids busy. The activities include wildlife coloring pages, videos, fact sheets and more.

SOLDIERS, from page 1

munication ongoing on a regular basis.

Former Soldiers’ Home Superintendent Bennett Walsh remains on paid administrative leave. The facility is continuing controlled medical protocols to ensure patient and staff safety under Val Liptak, CEO of Western Massachusetts Hospital in Westfield. Mayor Alex Morse said he’s seen an improvement in communication with new leadership in place, though City Hall continues to receive many calls from people who are having difficulties reaching the state-run facility.

“It seems like that’s improved to some extent. We’re still trying to provide feedback there,” Morse said.

Families can call the family hotline at 413-552-4764 Monday through Friday, 8 a.m. to 6 p.m., and 9 a.m. to 1 p.m. on Saturday. Updates via email are available by contacting CommunicationsMailbox-HLY@Mass.gov.

City response

Across the city, leadership is working on multiple fronts to address the

pandemic. Morse has weekly conference calls with property owners, landlords, the Chamber of Commerce, and business owners to discuss what help they need from the city. One area of focus is on local manufacturing and what businesses can be adapted to help make the personal protective equipment that’s desperately needed by workers on the frontlines.

“[On Tuesday] I went to Hazen Paper and picked up 100 bottles of hand sanitizer that they retooled their facility to make during this time,” Morse said. “Looking at other companies that are making face shields, masks, potential gowns, so we’re trying to work our local manufacturers to establish a local supply chain.”

Morse said they’ve also been working on identifying potential quarantine spaces for positive test patients, if needed.

“Be it at, if we need to use, high school or middle school gymnasiums, vacant space at long-term care facilities, things of the sort,” he said.

He’s also established three task forces, or “pillars,” under Emergency Operations Center Planning Director Marcos Marrero. They are focused on the local economy, social services, and hous-

ing and shelter.

The group focused on local economy includes EforAll Holyoke Director Tessa Murphy Romboletti, Greater Holyoke Chamber of Commerce President Andrea Marrion, Assistant Director for Economic Development John Dyjack, and Development Specialist Ben Murphy. Morse said the group has helped worked with efforts to assist local business owners and developing strategies to help provide relief.

“They’ve been working with businesses, surveying them, getting data, having conversations,” he explained. “They’ve been advising us on the creation of a grant program that would provide relief to small businesses.”

The social services task force is led by state Rep. Aaron Vega and includes his aide Pat Duffy and Administrator of Community Development Alicia Zoeller.

“They’re making sure people have the resources and services they need with food and security being a central theme of that,” Morse said. “They set up a dinner program at the Boys & Girls Club so that people could eat food, working with our local food pantry to make sure that food is [distributed].”

The housing and sheltering group includes Holyoke Housing Development Director Sarah Meier-Zimble, Steve Huntley from the Valley Opportunity Council, Holyoke Health Director Sean Goncalves, and Holyoke Veterans Services Director Jesus Pereira.

“They help staff our weekly housing call with landlords, sort of deciphering state and federal programs for landlords, for tenants, for homeowners, making sure we get that information out for people,” Morse said. “Trying to tackle homelessness if we come across it in certain places.”

Morse gave a special thanks to all the frontline workers and first responders including grocery workers, pharmacy workers, Police, Fire, Department of Public Works, and the people of Holyoke for their efforts during this difficult time and says the city needs to remain vigilant in the weeks ahead.

“I would just encourage people to continue following our recommendations, social distancing, stay home if they can, check in on their neighbors, family members, the elderly,” he said. “Everyone’s been doing the best they can with very difficult circumstances.”

HCC shifts noncredit courses to remote platforms

In keeping with recommendations from public health officials and Gov. Charlie Baker’s stay-at-home advisory, Holyoke Community College has shifted its noncredit professional development and personal enrichment classes to online and remote forums for the foreseeable future.

Anyone with extra time who is interested in classes that are fun, educational or entertaining can now do so from the comfort and safety of their homes using a computer, tablet or smart phone.

As of Monday, March 30, HCC began offering all of its credit-based certificate and degree programs remotely

while restricting access to its main campus and satellite offices.

The noncredit courses being offered remotely include those in areas such as art, business, careers, home and garden, languages, law, money and investment, and safety. Students will have the opportunity to engage with live instructors and classmates by voice and video using a number of different online and remote platforms like Zoom, WebEx and Google Hangouts.

“We’ve had to be very creative with some of our courses like painting and dancing,” said Michele Cabral, HCC executive director of professional devel-

opment and corporate learning. “For Acrylics, for example, the teacher will share her screen during the lesson and have students share their own; Puerto Rican Bomba is similar to an online workout class.”

Classes are forming now for the remainder of the spring semester.

Some current options include:

- Arts – Introduction to Pastels, Watercolor Journaling (April 11-18)
- Business and Career – Leadership Series including Personal Effectiveness, Critical Thinking, and Emotional Intelligence, Supervisory Series, Notary Public, Microsoft Excel 2016.

- Dance and Health – Puerto Rican Bomba
- Money Management – Extreme Couponing, SS Income Strategies, Earning Extra Money with a Mystery Shopping Business, Protecting Your Financial Nest Egg.
- Other options include Memory, Dementia & Alzheimers, How to be a Smart Landlord, Elder Law & Estate Planning, Flying Drones: Prep for the FAA Exam.

To see a full schedule of courses or to register, please visit hcc.edu/spring-online or email Valentyna Semyrog at vsemyrog@hcc.edu.

Attorney general: Check out charities before giving

Massachusetts Attorney General Maura Healey is advising residents to make informed decisions when donating to charities that support people affected by the coronavirus pandemic.

“There are a lot of people across our state who are struggling right now, and many are looking for ways to help through charities and non-profit organizations,” said Healey. “If you are in a position to donate, make sure that you do your research and make informed decisions on where you are giving.”

Healey recommends that residents take the following steps to make smart,

safe charitable contributions to support those who have been affected:

- Give to charities you know and those you can trust. Well-established charities with experience in disaster relief, community foundations, or organizations established with support from government agencies are generally good places to donate.
- Check the website. If giving over the Internet, make sure the website belongs to a legitimate and established charity. Most crowdfunding sites are not charities and many typically take a percentage of each donation as a fee.

- Ask lots of questions: How much of the money goes to the charity and how much to a professional fundraiser? Ask if the contribution is tax-deductible and what the charity intends to do with any excess contributions that might remain after the victims’ needs are addressed.
- Beware of social media posts or emails soliciting donations to copycat organizations or fake websites.
- Do not give personal or financial information to anyone soliciting money.
- Never pay by cash. Pay by check or credit card and make a check out directly to the charity, not the fundraiser or any

other individual. Specify, on the check and in writing, whenever possible, the purpose of the donation.

The AG’s office maintains annual financial reports from charities and professional solicitors that operate in this state, which are available for public inspection online. Consumers with concerns about solicitations they have received should contact the AG’s Non-Profit Organizations/Public Charities Division at 617-963-2315 or access the complaint form online. Visit the AG’s Covid-19 resource page for information about how the AG’s office can help during this crisis.

CONTEST, from page 1

Entries will be accepted until 6 p.m. Friday, April 10. At that time, voting will open to the public. Three winners will be chosen on Sunday: a “mayor’s choice,” chosen by Mayor Alex Morse; a “council’s choice,” with selection overseen by Councilor Jim Leahy; and a “people’s choice,” based on the vote. The three winners will each receive a \$100 gift card to an eligible Holyoke business of their choice.

“We thought this would be a cool idea to encourage people staying

healthy, and also to support Holyoke businesses,” said Morse.

To submit a video to the contest, Holyoke residents may upload a YouTube or Vimeo video at HolyokeAtHome.com, or use the hashtag #HolyokeAtHome when posting a video to Facebook, Instagram or Twitter. To submit via social media, the user’s privacy settings need to be set to “public.”

“People’s choice” voting will take place at HolyokeAtHome.com.

Morse said if this week’s contest is successful, the city may hold additional video competitions on a weekly basis.

State, federal tax deadlines extended

BOSTON — Gov. Charlie Baker recently announced new restrictions on travel and transportation in response to the coronavirus outbreak, as well as extending tax deadlines.

Baker, Lt. Gov. Karyn Polito, Senate President Karen Spilka and House Speaker Robert DeLeo agreed to extend the 2019 state individual income tax filing and payment deadline from April 15 to July 15, matching the July 15 deadline for filing federal individual income taxes.

All travelers arriving to Massachusetts are now being instruct-

ed to self-quarantine for 14 days. This guidance will be displayed as posters at service plazas along Interstate 90 eastbound, distributed as flyers at major transportation hubs and on posted on highway message boards. Visitors are instructed not to travel to Massachusetts if they are displaying symptoms.

Health care workers, public health workers, public safety workers, transportation workers and designated essential workers are exempt from this requirement. For more information, visit mass.gov.

HELP, from page 1

works at Donahue School and said he knows how helpful this program has been for students and their families.

The Cavanaughs wear face masks and gloves while manning the program, so there is no contact between the Boys & Girls Club and those it is serving. The meals aren’t even made at the club; the Cavanaughs put them together at home.

“This program is staffed by my family, in order to restrict the amount of people handling the food,” said Eileen Cavanaugh. “I have four kids, three in college and one in high school, so they’re able to help out with making the meals. We make and serve 425 meals a day, and we follow the USDA requirements for well-balanced meals.”

Cavanaugh and her family prepare the meals at home and bag them then to be ready for the next day. They are available for pickup between 5 and 6:30 p.m., Mondays through Fridays.

“We’re being careful and cautious while making the food and we’re not exposing it to multiple people,” said Dan Cavanaugh. “We [are] trying to provide a helpful service to the community. This meal program has been very beneficial to families; we’re getting a lot of foot traffic and we’re able to pass out all our meals.”

The program began March 30, and immediately they received calls from local shelters asking if they could benefit from the meal program. The following Tuesday, Dan Cavanaugh loaded a van

with meals and delivered a total of 350 meals to eight different homeless and family shelters.

Dan Cavanaugh brings the meals to shelters at 4 p.m., he calls each shelter when he gets there and asks how many meals they need, he then drops the meals off on the sidewalk outside the door, so workers pick them up without risking one group of people infecting the other. Even as they serve the public, the Cavanaughs are taking precautions to conform to the social distancing guidelines.

The remainder of the meals are distributed to foot traffic during the allotted times.

Eileen Cavanaugh said she contacted the U.S. Department of Agriculture in order to create this program, and got them to waive requirements to allow this emergency meal program. She is unsure if the club will be able to continue the “grab-and-go” program when the coronavirus state of emergency is over.

Child care

The club also provides bagged meals to parents picking up youngsters in its emergency child care. Social distancing guidelines prompted the state to close almost all preschools and childcare businesses last month, but the state recognized that there would be a need for some centers to stay open, on an emergency basis, to care for the children of essential workers who have no other childcare options.



Eileen and Dan Cavanaugh place bagged dinners on a table outside the Boys & Girls Club for a family to pick up. The club is offering free “grab-and-go” dinners for Holyoke families in need. Photo by Shelby Macri

The childcare is operating with as few staff as possible, to limit children’s potential exposure to infection, Eileen Cavanaugh said.

“This is uncharted territory for everyone, including parents, teachers, and those deemed essential personnel. No one is used to this and it’s all about trial and error,” Dan Cavanaugh said. “If

there’s any good that comes out of this, it’s the community’s unity and innovation, and our continued use and fine-tuning of online classes and resources.”

The Cavanaughs are at the club every day. They said if anyone has questions or concerns about Boys & Girls Club operations, they can call the main office at 413-534-7366.

Editorial

Virus survival
all in an attitude

Easter is here, and none of us will be in church. The state Senate election is May 19, and it seems likely many of us won't make it to the polls.

MCAS testing week came and went, and every child was absent from every school.

City Hall has closed its doors to the residents, and the City Council hasn't met in a month.

The city's youth egg hunt was to have been held last weekend, and not a single prize was claimed.

The coronavirus is changing almost everything about how we live our lives. Institutions that anchor our daily schedules, like work, school, shopping, sports and community events, have been canceled or transformed into some pale electronic shadow of their former selves. Without our anchors, we're cast adrift.

We're holding on to a few lifelines. Most of our churches are holding online services. Even if the fear of infection keeps voters away from the polls, the state is offering a vote-by-mail option. Schools are ramping up their remote-learning curriculum. City workers are available by email, and Mayor Alex Morse is keeping residents informed via Facebook videos.

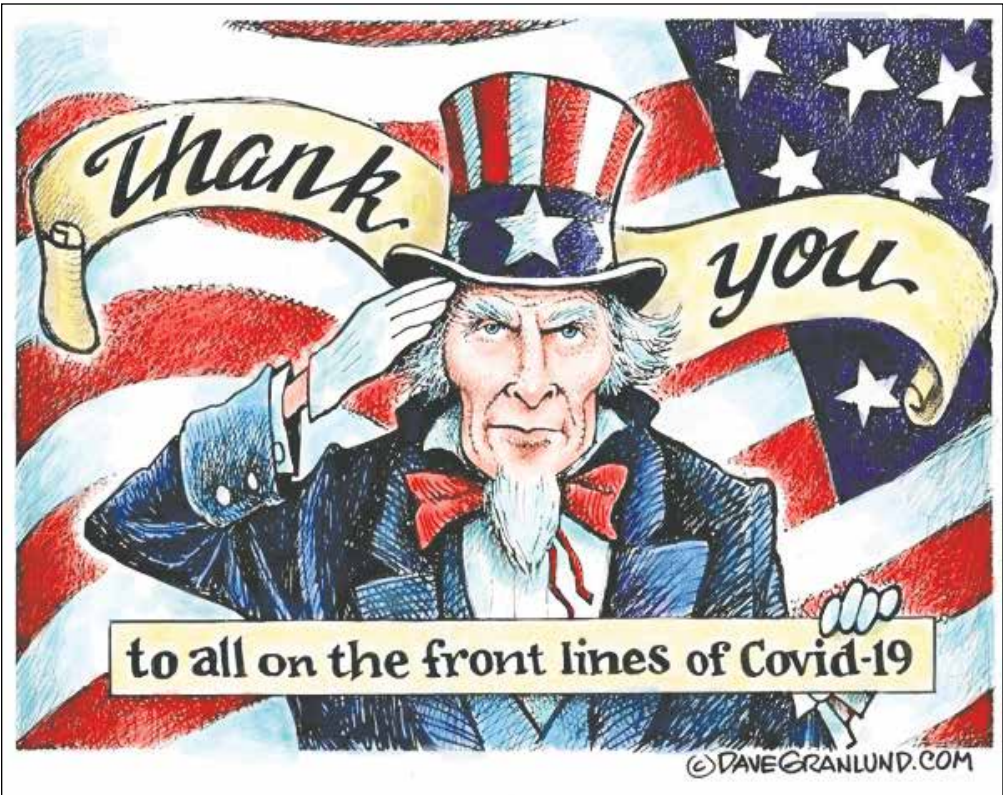
Most importantly, people need to step up to fill the giant hole that social distancing has ripped in our community's heart. The mayor's office is leading the way by asking residents to turn their homes into a one-person dance studio or karaoke bar and upload 30-second clips for a fun video contest. The School Department has also solicited videos from its families, and The Holyoke Sun is asking for photos of artwork or fun activities that families have been doing.

It's all part of an effort to maintain some form of human contact during "social distancing," and bring a smile to the faces of our neighbors.

In a way, these efforts are just as important to the city's health as what the mayor and his task forces are doing to mitigate the economic impact of shutting down all "non-essential" businesses and workplaces. While the doctors, nurses and researchers attend to our physical health, and politicians are trying to steward the city's economic health, it's equally important that the rest of us safeguard our emotional and spiritual health.

It's important for all of us to maintain a positive attitude, and to express a positive attitude on social media. Just like carelessness about hygiene or social distancing can spread a deadly disease to others, cynicism, negativity and rumor-mongering can spread despair to people whose spirits are already weakened by economic uncertainty and lack of human

See ATTITUDE, page 7

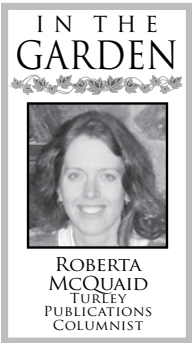


Natural Easter egg dyes and floral lore

We are looking forward to coloring eggs later this week! My oldest daughter has been caught up in learning about her Polish ancestors so I thought it would be fun to follow my mother's family tradition of dyeing eggs with onion skins. I remember her taking a large pot and packing it with the outer, papery skins of either red or yellow onions. The more skins in the pot, the more intensely colored the eggs would be. Some people would even save skins a month prior to Easter just to have enough!

With the skins in the pot, she would then add the raw eggs with just enough water to cover them. After boiling for several minutes the eggs would be colored shades of maroon or brown. Where the eggs rested against the skins there would even be an imprint left behind. If you find that you like this mottled look better than the plain background color, wrap the eggs in the skins and secure them with rubber bands prior to boiling for an even more exaggerated appearance. Polish them with a bit of vegetable oil on a clean cloth and they will be shiny enough to use in all sorts of creative table decorations. Incidentally, the eggs aren't flavored "onion" and are completely edible, although you may find them far too pretty to crack and eat!

Using natural dyes is trendy right now, and may even be used out of necessity when coloring eggs this year. Although I have never tried these natural egg dyeing materials, you might have fun experimenting with them on your own. Follow the directions above but replace the onion skins with

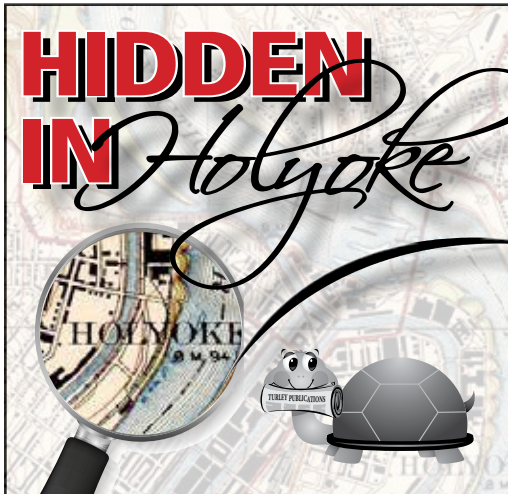


beets or frozen raspberries for pale red eggs. Carrot tops or the spice turmeric are said to impart a light yellow dye, whereas spinach leaves will leave your eggs pale green in color. Blueberries or red cabbage leaves can be used to make a bluish tint. A teaspoon of vinegar (more for a large batch) added to the pot will set the color.

Easter lilies decorating the altar will be one thing missed this year. While we can witness the beauty televised, it will be hard to conjure up that smell, that glorious smell! Lore has it that lilies sprung from the ground, marking where Christ's drops of sweat had fallen in his final moments of agony. It has also been said that lilies were found growing in the Garden of Gethsemane, and for that reason are sometimes called "white-robed apostles of hope." They are mentioned numerous times in the Bible, perhaps most memorably in the Sermon on the Mount, where Christ said to his followers: "Consider the lilies of the field, how they grow: they toil not, neither do they spin; and yet...Solomon and all of his glory was not arrayed like one of these." Emblems of new life, hope and beauty, fragrant Easter lilies decorate churches en masse during the Easter season.

You can keep an Easter lily alive long past the holiday. After the individual flowers have withered, remove them from the plant. The process of "deadheading" will direct energy away from seed production and back to the bulb below. Don't cut away the foliage, however, leave it intact as long as it is green. Once the weather has warmed,

See GARDEN page 7



Each week, *The Holyoke Sun* will feature a photo of a distinctive place, landmark, sculpture, sign or other recognizable object located somewhere in the city.

Think you know what or where it is? Readers are encouraged to submit their guesses to "Hidden in Holyoke" via email to TheSun@Turley.com. In order to qualify for the weekly contest, entries must be received by Wednesday at noon for inclusion into Friday's edition. Please include your full name with your guess in an email to TheSun@turley.com. If more than one correct answer is received, the names of all those who submitted guesses will be listed. For more information, contact *The Holyoke Sun* at 413-283-8398.



Last week's "Hidden in Holyoke" was the steeple atop First Baptist Church at Northampton and South streets. It was correctly guessed by William Crombie, Don Diller and Alice and Dexter Gess, Fred and Paul Wanat, and Jay Whelihan.



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Letters to the Editor Policy

Letters to the Editor have a maximum of 350 words. We require writers to include their name, address and phone number in order for our office to authenticate authorship prior to publication. Addresses and phone numbers are not published.

Unsigned or anonymous letters will NOT be published.

We reserve the right to edit or withhold any submissions. Libelous, unsubstantiated allegations, personal attacks or defamation of character are not allowed.

Deadline for submissions is Wednesday at noon.

Please email (preferred) letters to thesun@turley.com. Mailed letters can be sent to *The Sun*, 24 Water Street, Palmer, MA 01069.

Bringing ‘Comfort’ and ‘Mercy’

By Joan E. B. Coombs
Guest Columnist

Good news gladdens our heart. It brightens our day; it renews our spirit. Today that good news is within your grasp. Words will try to relay the “geysers of goodness” that are springing up as people unite locally and globally bringing comfort and mercy.

One may wonder, “But, where’s comfort and mercy in this COVID-19 pandemic?”

Comfort arrived as millions of heroic acts — seen and unseen — happened when people of all ages, races, and creeds responded to help with humanitarian needs.

“Where did we see that?”

See where our well-being, health and safety including our educational, vocational, and industrial pursuits were of utmost concerns when safety measures were started to “Cease the Spread of the COVID-19” virus. Look where our local, state, and nation-wide governing and presidential authorities announced that schools, colleges, non-essential busi-



nesses, entertainment venues must close, and that “social distancing” would save lives.

Within days, across our United States, millions of homebound students and adults were in homeschooling, and online educational classes.

“And, how did that happen?”

Behind the scenes multitudes of Internet personnel and providers made sure that millions of computers, cell-phones, and all forms of media and communication services would keep the public informed and updated as possible. These critical messaging systems also kept financial institutions and industries conversant as to how the coming economic crises would be managed.

“That’s good news. Where’s comfort and mercy?”

Comfort and mercy arrived as a life-threatening virus began spreading from shore to shore, country to country and to global continents. Support came from dedicated custodial staffs to diligent medical teams working inside buildings and hospitals. Aid arrived with the military helping patrolling state troopers,

police and Emergency Medical Teams and fire personnel “Ready to roll” when and wherever needed-as much as humanly possible.

Acts of caring and compassion sprang into action. Anywhere. Everywhere. People sensed a new, deeper, keener responsibility for a child, an at-risk senior, a lonely neighbor, single parents, the homeless, and the urgent increase of community needs. Country-wide and globally houses of worship streamlined the Good News through internet services, or were permitted to have parking lot services wearing face masks, gloves, using microphones for sermons and music — while keeping rules of “social distancing.”

Restaurant and school kitchen staffs began supplying student meals. Charitable kitchens stirred up meals for the needy. Fabric stores donated materials for masks for each drive-by, pick-up seamstress. Face-mask patterns covered the internet. Sewing machines had adults and youth “in stitches!” Colorful hospital masks were shared, collected and delivered to medical centers. Breweries converted to bottling hand sanitizers. Car manufacturers started producing ventilators. When restaurants closed, food

pick-up services expanded. Drive-up and drive-thru windows efficiently and deliciously served hot meals to hungry and thankful people.

Comfort and mercy arrived and helped mitigation in countless courageous, non-stop, 24/7 day and night shifts by air, land and sea workers with life-challenging situations. As days unfold, heroic helpers and grace agents are amazingly evident and will increase. Throughout global areas, psychological and physical relief will especially be experienced by patients, providers, researchers in the sciences and medical fields as antidotes, therapies and vaccines are discovered and proven safe enough to use and save lives.

Good news also arrived when the United States Navy Ship Comfort sailed into New York City Harbor and the USNS Mercy navigated into the Los Angeles, California port. Both are “Mercy-class” hospital ships named for the virtue mercy. Each ship is fully staffed and equipped to provide acute medical and surgical services with 1,000 beds for patient care.

Good news gladdens our hearts. May it continue bringing comfort and mercy.

ATTITUDE, from page 6

contact. In order to get through this crisis, we will need to focus on healthcare delivery and economic relief, but we also need to focus on hope and morale.

Show off your best dance moves. Give them your best half-minute of “Don’t Stop Believin’.” Make your best effort at winning that Mayor’s Choice Award.

Share your craftiness with the newspaper. Brag about the baked creation

you’ve finally perfected after a month at home. Make your kids famous by letting the whole city see their art.

You’ll bring a smile to someone’s face. Someone else will love seeing that dance, that song, that dessert, that drawing. Share your joy and you’ll bring joy to others. Others who need it.

Tell us what you think — and what you’re up to. Send letters to the editor, and photos of your art projects or crafts from the past month, to thesun@turley.com.

GARDEN, from page 6

pick a sunny, well-drained spot in the garden and sink the bulb three inches below the soil surface. Don’t expect it to flower again this season, or even next March or April. Easter lily growers force the plant into bloom for the holiday; without manipulation it will flower naturally during the summer

months.

Roberta McQuaid graduated from the Stockbridge School of Agriculture at the University of Massachusetts. For the last 28 years, she has held the position of staff horticulturalist at Old Sturbridge Village. She enjoys growing food as well as flowers. Have a question for her? Email it to ekennedy@turley.com with “Gardening Question” in the subject line.

Poetry Corner

World Wisdom — Humble Humanity —
Virus Vendetta

By Thomas J. Kennedy

We used to look ahead and all around
Now fears retracts one mind to bound.
Then start staring down, down, down...
Humanity selfish self ... Sad to limit us to the clowns.

Today self absorbed — Staring, staring at screens
Are you hearing all the silent screams.
Things are certainly different today
I hope more to love and pray.

God will give us Faith and strength to see us through,
He gives us crosses, tests, because He loves just you.
Who to blame ... Nature, man, immorality unknown.
Some people and children — Hard to be alone.

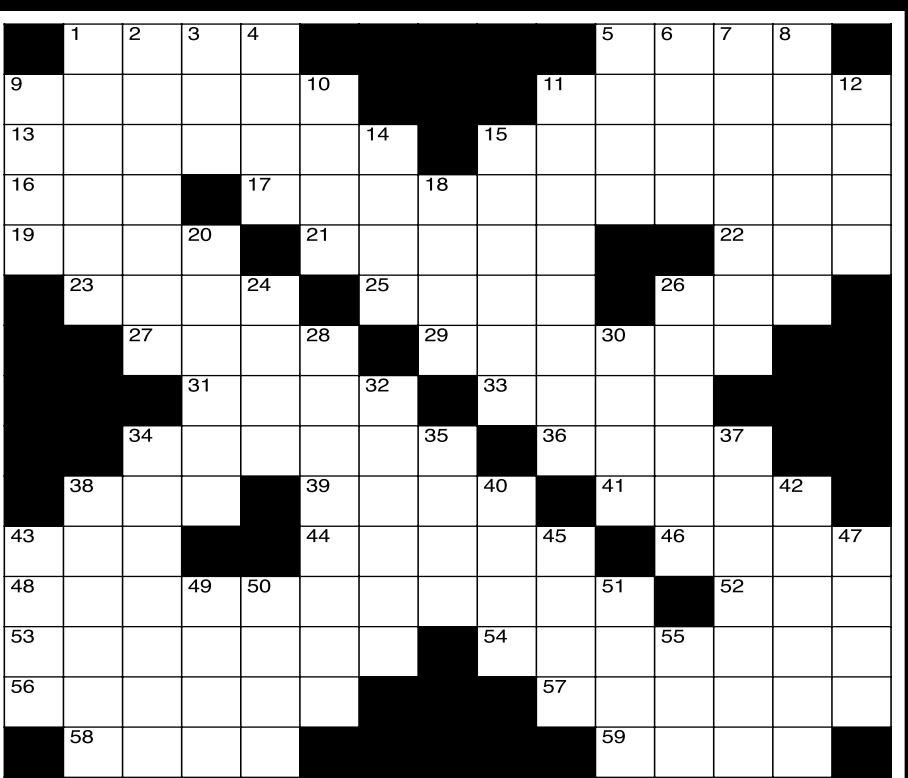
We think it happens only eons ago
When the rhyme and rhyme doesn’t let go.
Want the world to be done,
No wars, no violence — only love God — He is number one.

The Big World has come to your home.
It is God saying: Too much anger, hatred, violence and immorality.
He is saying more compassion, kindness and unselfishness.
Humility and understanding with wisdom needed.

Nature is saying: There is Global Warming.
And you humans need Wisdom.
Humans, indeed are being humbled as you can only love,
When you’re in discipline and sacrifice.

Love everyone in mercy, help everyone in patience
And never, never, never give up on anyone including yourself.
Pray for more Faith and less crosses for others.

Thomas J. Kennedy is a Holyoke resident.



CLUES ACROSS

- 1. Canadian law enforcers
- 5. Actor Idris
- 9. Cut or bruise
- 11. Vegetables
- 13. Aircraft delivery
- 15. To make obsolete
- 16. Things similar to those already noted
- 17. Columbus is a famous one
- 19. Age group
- 21. Denotes nature of sound
- 22. Klutz
- 23. Uninteresting
- 25. Computer manufacturer
- 26. 2,000 lbs.
- 27. Genus of seabirds
- 29. Emerges
- 31. Baseball stat
- 33. Witnesses
- 34. Observed
- 36. Satisfy
- 38. Former OSS
- 39. Small Eurasian deer
- 41. Wife of Sparta’s king
- 43. Ballplayer accessory
- 44. Temporary cessation of breathing
- 46. Where construction workers ply their trade
- 48. Arguments that justify a religious doctrine
- 52. Thick cloud of tiny water droplets
- 53. Widens
- 54. Detection
- 56. Period of inactivity
- 57. Tomato and vodka are two
- 58. Greek war god
- 59. Urinates

CLUES DOWN

- 1. Churned
- 2. Seal bottles
- 3. Million barrels per day (abbr.)
- 4. Meat from a pig (French)
- 5. Within
- 6. Walk in a slow pace
- 7. Cries
- 8. About Andes
- 9. Fishermen use it
- 10. Expresses delight
- 11. Shouts
- 12. Feudal agricultural laborer
- 14. Sailboat
- 15. Small Eurasian willows
- 18. S. American native people
- 20. Extreme disgust
- 24. Nonsense (slang)
- 26. Produce male reproductive cells
- 28. Computes
- 30. Pop singer
- 32. Weds secretly
- 34. Having two poles
- 35. Yankee hero Bucky
- 37. Building
- 38. Per ___, each
- 40. Six (Spanish)
- 42. Makes amends
- 43. Scoundrels
- 45. Baseball’s best pitchers
- 47. Some are scrambled
- 49. Emit coherent radiation
- 50. Singer Redding
- 51. Break
- 55. Institute legal proceedings against

CROSSWORD ANSWER on page 13

NONPROFIT, from page 1

I used to have people request my visits and tell me how much they enjoyed seeing me,” Willemain said. “I once had a lady say to me, ‘Ruth, will you come to my funeral? I don’t want to be in church alone.’ I knew that this was what I wanted to do, create my own home for people who don’t have anyone to take care of them.”

Willemain explained that in 2007 she received a 501c3 status for Harmony House, meaning that her non-profit organization has been approved by the Internal Revenue Service as a tax-exempt, charitable origination. She has been making further progress on the house, which is in Chicopee, ever since.

In 2015, Willemain had a significant breakthrough and was able to purchase a new house to turn into a five-bed social model home. In September of 2019, the Harmony House held an event to the public and a member of Cedar Falls Construction told Willemain he would renovate and build the new Harmony House. Then on Dec. 5, construction began with skilled volunteers.

In an interview before the coronavirus outbreak, Willemain said she hoped to have Harmony House up and running in June. The organization will not charge its residents, and will rely on donations and grants. Willemain expressed her excitement for this final step of the renovation, as she enjoys giving her time to those who need it and is ready to do it in a building she owns.

Harmony House will accept patients who are ter-

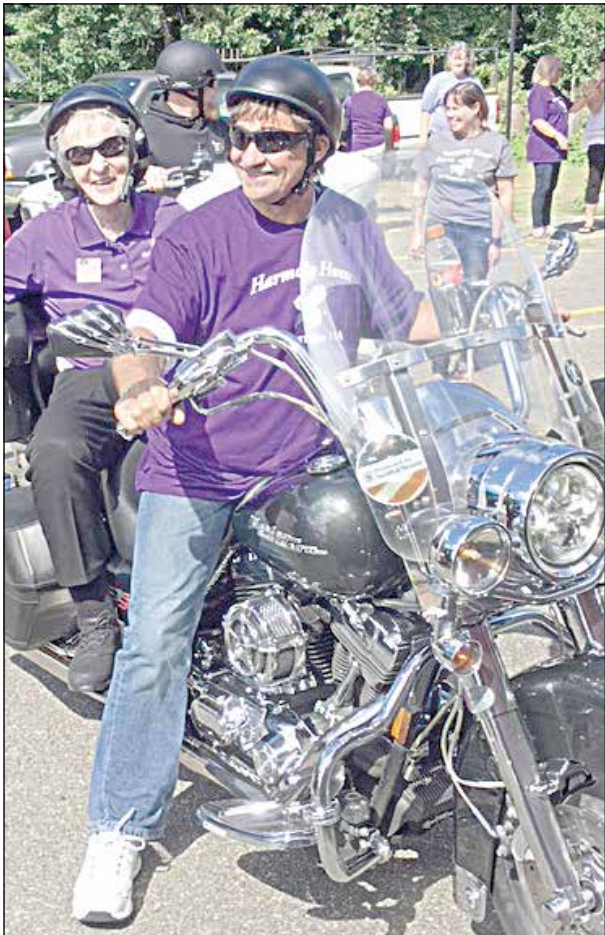
minally ill and have a three-month or less life expectancy, and it will act as their place of residence. Patients will come to the Harmony house with their own hospice team, and Willemain will make their time at the house as peaceful and positive as possible. This will not be a hospice or a skilled nursing facility; Willemain describes it as a “compassionate home” that offers love and care to those who need it most.

“The new Harmony House is located in Chicopee and has a beautiful view of Mount Tom, it’s a great area and I think it’ll be great for our residents,” Willemain said. “They come to us to pass, and we make sure that they have a peaceful passing. Some are only with us for one day or one week, but most are with us for about one month. It’s important to me, that they have an enjoyable and positive end.”

Willemain received the 2019 AARP Massachusetts Andrus Award for Community Service, one of the retiree association’s most prestigious statewide volunteer awards for community service. Willemain has also received one of the 2020 Greater Chicopee Chamber of Commerce annual Shinning Stars Award for her work on Harmony House.

Willemain has been recognized for her efforts in the community and for the service she has shown for individual community members.

“After I received these statewide awards people were congratulating me and saying, ‘you should be proud,’ and ‘look what you did,’” Willemain said. “I replied to them that I am proud, and I’m just doing something I love.”



Ruth Willemain, founder of Harmony House of Western Massachusetts, enjoyed her ride on a Harley-Davidson motorcycle during the nonprofit's 2018 poker run fundraiser. *File photo*

Baystate Health sets up equipment donation hotline

SPRINGFIELD – The phone hasn’t stopped ringing since Adam Quenneville recently put out an A.P.B. to local contractors to donate new N95 surgical respirator masks with NIOSH on the labeling to Baystate Health. Contractor calls and calls from other sources prompted Baystate Health to set up a donations hotline so it can review the calls to determine whether the supplies that are donated can be used by clinicians and how to drop them off.

“Our brotherhood of contractors is really coming together to get this done,” said Adam Quenneville, organizer of the drive. “Contractors from all over are reaching out to me directly. I am referring them to the new number at Baystate Health where they can learn if their donations can be used by staff and how to get their donations to the hospital. We still need more N95 masks. Let’s keep it coming! Thank you and be well.”

“We continue to hear from contractors,” said Mary Persaud, consultant with clinical value analysis at Baystate Health. “Thank you.”

She is coordinating the donation process to keep it safe and organized. N95 respirator masks with NIOSH imprinted on the labeling are designed to protect against particulate matter such as dust, fumes, mists, aerosols and smoke particulates. They are effective against biological particles such as pollen, mold spores, bacteria, viruses, animal dander and allergens, and aerosolized droplets invisible to the naked eye. To make a donation Phone: 413-794-2025, or email covid19PPE@baystate-health.org.

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MIAA board still hopes to have tournaments

By Gregory A. Scibelli
gscibelli@turley.com

The Massachusetts Interscholastic Athletic Association still seems hopeful of having a spring season as well as a spring tournament after “going back on its decision.”

In a vote held in mid-March, the Board of Directors voted that it would cancel tournament play if the start date for spring sports was delayed past April 27.

When Gov. Charlie Baker announced on March 25 that the closure of schools, non-essential businesses, and a general stay-at-home advisory would extend until May 4, the MIAA and its board knew it would obviously be unable to start practices prior to that May 4.

The board then met again on March 30, agreeing that that the season can begin no earlier than May 4.

However, in a surprise turn, the board did not fol-

low through on its decision to cancel tournaments. Instead, the season was extended from June 20 to June 27 (or June 28 pending weather and facility needs). That vote was a unanimous 19-0 decision.

This means if Massachusetts is able to re-open schools and allow high school sports to commence, there will still be a tournament.

However, one caveat that is still in play is an ironic one.

If there is a tournament, the tournament will only be the four individual sectional tournaments held. There will be no state tournament. A little more than a month ago, the state's schools voted to go to a statewide tournament rather than have sectional tournaments, with the four sectional champions facing off in a state tournament.

A few other votes took place at the March 30 meeting, which was held by tele-

See MIAA page 10



File photos

The Western Massachusetts tournament has yielded special memories for many of the area schools that participate. The PVIAC hopes to keep the tournament alive after the state made the decision to hold a statewide tournament only. That tournament will begin in fall 2021.



Early golf season derailed by coronavirus closures

By Gregory A. Scibelli
gscibelli@turley.com

Sports have become non-existent since the coronavirus took over daily life in Massachusetts and the entire country.

But for a while, there was one sport many people could turn to: golf.

Golf could have been a beautiful activity given that it lends itself to social distancing and does not involve too many people in the same place at the same time.

But social distancing was not enough, and Gov. Charlie Baker closed all non-essential businesses and issued the stay-at-home advisory, which is now extended until May 4.

Unfortunately for some golf courses, they had to close up shop after it appeared an early spring was going to allow for people to get some rounds in.

Cold Spring Country Club in Belchertown opened up on March 9. David Wright said the course opened and remained open for a couple of weeks. But the non-essential business closure made

by Baker cut the early season short and Wright said the course has been closed on March 20.

“A small maintenance crew will be starting part time on Monday, April 6 and will be doing just the minimum to keep the course in shape,” said Wright. “We also took out all the tees and markers and placed a sign up saying the course is closed.”

Unlike the issues that have had Springfield Mayor Dominic Sarno publicly chiding people for using golf courses in Springfield, places like Cold Spring and Chicopee Country Club have not had issues with intruders using the course on their own.

Since the non-essential business closure, the Alliance of Massachusetts Golf Organizations negotiated with the governor to at least allow courses to begin maintaining the courses. The maintenance factor is crucial, otherwise courses run the risk that the courses will not be ready at the moment the order is lifted.

Mike O'Neill, represent-

See GOLF, page 10

PVIAC hopes to keep west sectional tournament going

By Gregory A. Scibelli
gscibelli@turley.com

While the state will move toward implementing a statewide tournament in the fall of 2021, at least one section plans to attempt to have its own tournament.

The Pioneer Valley Interscholastic Athletic Conference, the governing body of the sports played by schools in Western Massachusetts, has confirmed it will seek to have its own tournament, likely to be built into the regular season.

David Stratton, athletic

director of Agawam High School, and a member of the PVIAC Board of Directors, said his board is going to pursue options to hold a similar sectional tournament for most sports.

Lou Conte, a former athletic director at Agawam, and the PVIAC's Executive Secretary, said the PVIAC is working on gathering as much information as possible to propose what a tournament would look like.

“We have experience having tournaments,” said Conte. “We do one for indoor track, outdoor track, and cross coun-

try. But we have not done them with the team sports. We would have to see how the logistics would work out.”

Among the more popular tournaments are fall tournaments for soccer and the winter tournament for basketball to name Western Mass. champions in those respective sports. Stratton believes the region still deserves to have a tournament.

“The tournament has always been important to the schools, and to the kids,” said Stratton. “Our board would

See PVIAC page 10

Registrations piling in for start of Modified season

SEEKONK – The COVID-19 pandemic may have delayed the start of the Tri Track Open Modified Series season, but the list of entered drivers and car owners for 2020 continues to grow just over a month before the drop of the first scheduled green flag.

For those who haven’t seen, the start of the season has been delayed until May 9 at Monadnock Speedway -- but that date is fluid, depending on how the pandemic develops. As of this writing, the entire schedule remains in place, with Monadnock on May 9 and Claremont Speedway on May 24th opening the season.

“We’re still on target for May 9 as of now,” Wayne Darling, one of two Managing Partner’s for the Tri Track Open Modified Series, said. “Our regis-

trations are growing daily – with some stout talent lined up to compete for a large purse. We also want to remind everyone about the Pepsi Challenge, which will pay heat race winners in 2020.”

A former series champion and countless winners are on the current entry list -- one filled with talent from top to bottom. Defending series champion Ronnie Williams is looking to repeat in 2020, with car owner Gary Casella, as the combination comes back fired up and ready for more. They were able to visit Victory Lane at Seekonk Speedway last year as part of the \$10,000 to win Open Wheel Wednesday before earning their crown.

Ron Silk and Chase Dowling, two drivers who earned victories last year, are both back with the same team. Silk teams

with Bob Horn, as Dowling teams with Jimmy Paige. The NASCAR Whelen Modified Tour is also well represented.

Matt Swanson, who drives for the historic Boehler Racing on the tour, will drive for Larry Westgate in a car prepared by Boehler Racing, carrying the famed ‘Ole Blue’ colors. Woody Pitkat, who is back teaming with Stan Mertz, returns to wheel the No. 6, while former NASCAR Modified Tour Rookie of the year Calvin Carroll returns to Tri Track for another round.

On the veteran front, Kirk Alexander, Les Hinckley and Tommy Barrett are coming back.

Weekly SK Modified racers from Stafford Speedway set to compete with Tri Track in 2020 include Matt Galko and Andrew Molleur, one of many upcom-

ing Modified stars. Mike Willis, who earned his first Tri Track win last year at his home track of Claremont, is coming back, this time with car owner Cam McDermott. Rising stars Ryan Doucette, Dylan Izzo, Brian Robie and Derek Robbie are also on the list.

Additional entries include Jim Gavek, Andrew Charron, Carl Medeiros Jr., Matt Kimball and Austin Kochenash. Look for car owner Rick Kluth to unload a car with a new number, No. 44, with a driver TBA.

For more information on the Tri Track Open Modified Series, follow the series on the web at tritrackmodifieds.com and on social media, including Facebook and Instagram. Any additional updates regarding the schedule will be released when available.

Sign-ups ongoing for Quabbin League

The Quabbin Valley Over-30 Baseball League is seeking new players for 2020 season. The league has six teams, several with open roster spots. Last year, the league voted to allow players age 28 and 29 to be able to join the league, though players under 30 are not eligible to pitch. The cost of the league this season is \$192. For returning players, sign-ups are extended through May 1. New players can also sign up through this date with the draft currently set for May 2.

The league hopes to begin play in early June. The season is 15 regular season games plus at least one playoff game. A modified schedule is being worked on by league officials. Games are nine innings and metal (BBCOR -3) or wood bats are allowed. Fields locations are throughout Western Mass.

For more information on the league, or if you are interested in registering, go to <https://www.quabbinvalleybaseball.org/>. The league is also in Facebook.

Valley Wheel looking for new players

The Valley Wheel Over-30 Baseball League is seeking new players for the upcoming 2020 season. The league is seeking players ages 28 and up. Players turning 28 this year are eligible. However, only players 30 and older can pitch. The league plays 15 regular season games with games being held mostly on Sundays with a couple of weekday games thrown in the mix as well as a special Mother’s Day Saturday game in early May. However, due to the current circumstances, the league schedule has been pushed back. The league still plans

to play its season once bans on gatherings are lifted. The league is built on comradery, fair play, and having a good time with friends. If interested in trying out, go to www.valleywheelbaseball.com. The rules of the league and new player forms can be found on the site. For further information, you can contact the league’s commissioner, Jim Nason at wheel12@comcast.net or call him at (413) 433-4308. Tryouts will be taking place in the early weeks of April, weather permitting, with a draft following the tryouts.

PVIAC, from page 9

like to see us have a sectional tournament still.

Many schools in Western and Central Massachusetts opposed the statewide tournament proposal in a vote taken on Feb. 28 at Assabet Valley Technical High School. The vote saw more than 330 schools participate, with the majority deciding to go with a statewide tournament. More than 100 votes went against the proposal, meaning some Eastern Massachusetts schools voted against it, some feeling the proposal needed more time to develop.

Conte said there are a lot of logistics that will need to be worked out if Western Mass. tournaments are to be continued under the PVIAC umbrella. Among the many logistics to be considered will be how to fund the tournaments. The MIAA helps fund the current tournaments, which include staffing the neutral sites and paying for some venues. One thing working for the PVIAC would be more flexibility in where games could be held.

Western Massachusetts would also have to consider dropping regular season games in order to find

time to hold the tournament. Because the statewide tournaments will be a 32-team bracket, it will be five to six rounds. The sixth round will be a preliminary phases to get .500-qualifying teams an opportunity to make the round of 32.

Current sectional tournaments are typically played over the course of two weeks, with the semifinals and finals of a state tournament between the sectional champions occurring in a third week. All three of those weeks would likely be needed to play new state tournament format, so Stratton said it was likely a week or more would have to be removed from the end of the regular season in order to fit in a sectional tournament. This would lower the number of regular season games played by Western Mass. schools, and could hurt those schools’ chances for higher seeds in a state tournament. Fewer games played could result in fewer opportunities for wins, which plays into the MaxPreps formula, which will be used to determine state tournament seeds.

While there is a hold on meetings regarding a sectional tournament during the coronavirus pandemic, the subject will continue to be discussed in the coming months.

MIAA, from page 9

conference, much like the last few meetings of the MIAA BOD. The board is still requiring seven days from the first day of practice before games can be played. This means that no actual contests can take place before May 11.

Under the rules set up at the March 24 board meeting, schools will play between eight and 12 actual contests. This will be the case for baseball, softball, boys and girls lacrosse, tennis, and boys volleyball. To qualify for tournament, a team must have at least eight contests. There are typically between 16 and 20 contests for most sports, though tennis sometimes ranges between 14 and 20 contests for an individual school.

The new cutoff date for regular sea-

son contests will be June 12 with seeding occurring on June 13. Tournaments would begin on June 15.

Additionally, the board tasked the Tournament Management Committee, which has been working closely with the Board of Directors, with coming up with a tournament structure to be submitted to the board for April 9.

A future board meeting has not been scheduled, but board meetings have been called each time new guidance has been put out by the state government.

Current CDC guidelines and federal advisories limit interaction to groups of no more than 10 people. It is possible, depending on how rigorously the guidelines are relaxed, that athletes are able to play sports the remainder of the spring, but they could have to do so without any crowds present.

GOLF, from page 9

ing Chicopee Country Club, said he was very pleased with the ability to keep the course up.

“Being allowed to continue maintenance during those temporary closures ensures the course will be ready for operations in the near future,” said O’Neill. “We all share the same goal of returning

to recreational normalcy, when clubs can welcome golfers back to the tee.”

O’Neill encourages people to heed the advice of state and federal officials to maintain social distancing.

“We ask that the people in the Massachusetts golf community work through this together in a respectful and responsible way by following the protocols of the CDC, WHO, and local health officials,” said O’Neill.

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Celebrate Earth Day now in your back yard

Earth Day may not be until April 22, but spring weather is here, and the TurfMutt Foundation is encouraging everyone to get outside to celebrate and benefit from green space -- even if it's just in their own back yards.

"It's a stressful time as our country seeks to 'shelter in place' as much as possible," says Kris Kiser, president of the TurfMutt Foundation. "We'd like to remind everyone that getting outside—in your own backyard—is an important activity, now more than ever, for you, your family and pets. De-stress and enjoy the healing aspects of nature in your own corner of the earth."

Science has proven that simply spending time in our family yards is good for human health and well-being, which is important today as everyone seeks creative ways to stay well while being confined to their homes. The backyard is "safe space," said Kiser. "So, mow your lawn, trim bushes, throw a ball with the kids, plant a butterfly bush together, and get your hands in the dirt. Do get off the Internet and take a break from being cooped up inside."

A Stanford University study found that walking in nature resulted in decreased anxiety, rumination, and negative affect, and produced cognitive benefits, such as increased working memory performance. Multiple studies have discovered that plants in hospital recovery rooms or views of aesthetically pleasing gardens help patients heal up to one day faster than those who are in more sterile or austere environments.

Explore these six ways to tap into the health and well-being your family yard can provide.

Keep kids learning

With kids dismissed from school, the TurfMutt Foundation offers free, online, do-at-home lesson plans and activities where kids in grades K-8 can continue to learn science and nature lessons right in their own backyards. The TurfMutt environmental education program resources are based on STEM (science, technology, engineer-

ing and math) principles, and teach kids about the benefits of taking care of and spending time in nature. Access the free TurfMutt resources at <http://www.scholastic.com/turfmutt/>.

Clean up your yard

The family yard is an outdoor living room, so prepare it for use. Mow the lawn, trim bushes, and tend to flower gardens. Garden supplies can be ordered online or you often can have them delivered from your local nursery. Take care of your yard, and it will provide the space to relax and recreate.

Plant something

Getting your hands dirty is good for you, says science. Soil is the new Prozac, according to Dr. Christopher Lowry, a neuroscientist at the University of Bristol in England. The bacterium stimulates serotonin production, which explains why people who spend time gardening, doing yard work, and having direct contact with soil feel more relaxed and happier.

Play a family game

If you have a small patch of grass, you have a badminton court, a croquet field or a soccer field. Throw a ball to your kids -- or your dog. Run through the sprinkler if your area isn't in a drought condition.



Play with pets, foster a rescue animal

No one appreciates the yard more than a pet. Science also has shown pets have a stress-reducing effect on people and kids. So, get outside with your furry family member and let them remind you of the joys of the outdoors.

Dine outdoors

Have a family picnic right in your backyard or set up a table and chairs to

have family meals in the sun or under a shade tree.

Just be

De-stress by observing the birds, butterflies, bees and other wildlife that use your yard as habitat and food. Get your toes in the grass. Watch the trees. Use outdoor time as meditation time.

"Your yard offers much during these challenging times. It has purpose," says Kiser. "And that purpose is more important than ever. Get outdoors with your family, get your feet in the grass and your hands in the soil. Just do get outside."

For more facts on how the family yard and green space benefits families and communities, access the TurfMutt Foundation fact book: <http://www.livinglandscapesmatter.com/wp-content/uploads/Living-Landscapes-Fact-Book.pdf>

TurfMutt was created by the Outdoor Power Equipment Institute's TurfMutt Foundation and has reached more than 70 million children, educators and families since 2009. Through classroom materials developed with Scholastic, TurfMutt teaches students and teachers how to "save the planet, one yard at a time."



Protecting children from abuse during the coronavirus pandemic

SPRINGFIELD – The coronavirus pandemic around the world is the perfect storm for creating another pandemic here at home – one of child abuse that affects one of our most vulnerable populations – children.

April is National Child Abuse Prevention Month, designed to raise public awareness of child abuse and neglect. This year, Child Abuse Prevention Month is coming as the full thrust of the coronavirus pandemic begins to affect our community.

According to a report on NBC News, hotlines in Colorado, Texas, Illinois and California have received fewer reports of child abuse since stay-at-home orders have been put into place.

"So far, we are seeing a decrease in child abuse reports nationally. We don't know if this is because people are rallying in a storm, or because cases are 'socially isolating' and never being recognized or reported. One thing we do know is that the health, social and economic consequences of this pandemic are hugely stressful. Stress combined with being locked in the house together is a great breeding ground for emotional and physical abuse," said pediatrician Dr. Stephen Boos, medical director of the Baystate Family Advocacy Center.

NBC also reported that teachers, coaches and health care professionals, people trained to recognize child abuse, "are just not seeing these kids," according to Daphne Young, chief communica-

tions officer for Childhelp, a child-welfare organization with a national abuse hotline. Unlike other hotlines, Childhelp National Child Abuse Hotline has seen a 23 percent increase in calls and a 263 percent increase in texts compared to March 2019. With in-person operations limited at child protective service and other government agencies, kids and teens have been texting the hotline themselves from unsafe homes.

Children are shut in with families and all are bored, frightened and dealing with change and uncertainty, noted Dr. Boos.

He suggests three proven ways to prevent child abuse and increase children's resilience in these difficult times. Three elements of the "Strengthening Families Approach" are easily adapted to the current crisis – social connectedness, practical help in times of need, and knowledge of parenting and child development.

"We are supported and sustained by our relationship with others. We need to find ways to connect ourselves for sanity while isolating ourselves for safety," said Boos about being socially connected.

He suggests scheduling time in your day for phone calls, video chats, neighborly talks over the fence, and walks in the woods while keeping the group small and maintaining that six-foot isolation.

"We should plan this for our own families before the stress gets to us. We can also reach out to other families for

whom we had concerns before the current pandemic," he said.

Practical help also matters, whether it is a government check, someone dropping off groceries at your door or lending you a computer or Wi-Fi connection, or the charity of neighbors.

"Anything that makes it easier to get through the day, and especially something that tells you that your community cares about you, can give you the energy to tolerate one more complaint of boredom or one more tantrum by your child," said Boos.

Yet the hardest of the three elements is upping your game on parenting when you are stressed out and serving the role of parent, teacher, daycare provider, and after school activities director, he noted.

"I encourage parents to build a rational schedule for themselves and their children. You should plan for a regular wake up time, time for schoolwork in modest tolerable chunks, and rewarding and fun activities including screen time, social connecting, exercise, and spiritual or religious meditation. Adults need time to attend to themselves and to renew the primary parent-to-parent relationship. It is also good to schedule limited media time to check on the epidemic and not follow it obsessively from moment to moment," said Boos.

"When things are going well, tell your kids what they are doing that is helpful, how it is helping you, and how much you appreciate it. Do this often and

occasionally give them a reward. When things aren't going so well, let the child know without yelling or lecturing, but by saying it in a quiet word, simple gesture or other signal. And, don't forget sleep. Set a bedtime, get all screens off a couple of hours beforehand, and schedule relaxing quiet activities in a darkened environment before bed," he said.

The Baystate pediatrician offered the following encouraging words in these difficult times.

"All of these recommendations are good for normal times as well. If we can gain these skills, connections and systems through this hard time, they can benefit us when it is all over and serve us when other adversity occurs in the future. When the coronavirus pandemic ends, we will find that the long term payback was well worth the effort," said Boos.

Assistance for parents or guardians relating to children during the coronavirus pandemic is available by calling the Parental Stress Line at 1-800-632-8188 available 24/7 in all languages, or visiting the Massachusetts organization at parentshelpingparents.org.

Resources for parents and caregivers to help keep children safe from child sexual abuse are available at stopitnow.org or calling 1-888-PREVENT. Reports of suspected abuse can be made to the Department of Children and Families hotline at 1-800-792-5200.

For more information on the coronavirus, visit baystatehealth.org/covid19.

Bored, here you go!

CRYPTO FUN

Determine the code to reveal the answer!

Solve the code to discover words related to car care.
Each number corresponds to a letter.
(Hint: 21 = e)

A. **13 21 26 8 22 10 21**
Clue: Car or truck

B. **17 9 8 12 3 9 8 12**
Clue: Take care of

C. **21 12 11 8 12 21**
Clue: Converts power into motion

D. **17 21 22 26 9 12 8 22**
Clue: Fixes cars

Answers: A. vehicle B. maintain C. engine D. mechanic

WORD SCRAMBLE

Rearrange the letters to spell something pertaining to cars.

T M O O R

Answer: Motor

Guess Who?

I am an actor born in New York on April 10, 1974. I graduated from Dartmouth College and began my career on the Broadway stage. I have been nominated for a Tony Award. But fans know me best as a small town cop from a popular Netflix series.

Answer: David Harbour

CAR CARE WORD SEARCH

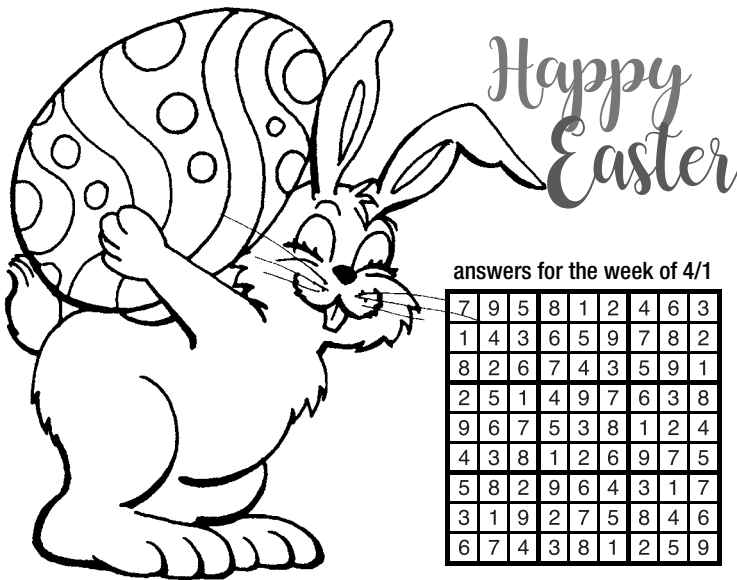
E	K	A	T	N	I	L	M	H	A	K	Z	R	R	U	V	E	X	E	Z
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M	N	B	O	B	L	Z	L	O	Z	A	K	B	E	V	T	B	A	H	F

WORDS

- ALTERNATOR
- ANTIFREEZE
- BRAKING
- CLUTCH
- DIESEL
- DRIVETRAIN
- EMISSIONS
- ENGINE
- EXHAUST
- FAN
- FILTER
- FUEL
- GASKET
- GAUGE
- HOSES
- IGNITION
- INTAKE
- MAINTENANCE
- RADIATOR
- STEERING
- SYSTEM
- THERMOSTAT
- TIRES
- TRANSMISSION

Find the words hidden vertically, horizontally, diagonally, and backwards.

9			7	5				3
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						5		



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AAA study finds men struggle more than women when cutting back driving

As older adults reduce their driving, men report struggling more than women and having fewer resources for making important life decisions.

According to new research from the AAA Foundation for Traffic Safety, when compared to women, men over 65 who have reduced driving in the last year report lower levels of social support when it comes to advice, suggestions and information about issues they may be facing.

“When it comes to older drivers, data from our study suggests there are social support differences between older male and female drivers,” said Mary Maguire, director of public and legislative affairs for AAA Northeast.

Of the study’s nearly 3,000 participants, 1 in 5 older drivers reported reducing driving in the past year, with more women, 57 percent, than men, 43 percent, saying they had cut back on driving.

“Men and women who have reduced driving report similar levels of care and emotional support from friends and families, but older male drivers find it harder to seek out advice and guidance,” Maguire said.

Past AAA Foundation research has found that many older adults reduce their driving, or self-regulate, to daytime, short trips, or familiar locations due to health issues and it can lead to overall declines in life satisfaction.

“Cutting back on driving may threaten older drivers’ sense of independence and emotional well-being and it limits their ability to maintain social ties, remain active and engaged and manage healthcare,” said AAA Northeast senior public affairs manager Diana Imondi.

“Just like planning ahead for financial and healthcare needs in retirement, finding out more about local mobility choices – even before they are needed – can allow an older driver to plan for the day when it makes sense to limit or stop driving.”

AAA suggests older drivers and their families speak with their physicians in addition to exploring alternative forms of transportation and recognize that these options may complement their driving. Transportation alternatives vary from city to city, so AAA suggests the following:

Carpooling – Sharing a ride with friends or neighbors is one way for older adults who limit driving.

Public Transportation – When available, city buses, light rail and subway systems are great ways to get around. By planning ahead, an older driver can build up a comfort level with public transportation services to prepare for a time when he or she may have to limit or stop driving.

Local Transportation Services – If the cost of a taxi or difficulty walking to a bus stop are obstacles to using public transit, an older adult could benefit from using low-cost, community-based transportation services.

Ridesharing – If older adults have a smartphone, they can download a ride-share app to help with local transportation.

Initiating a conversation about safe driving with an older driver, especially a parent, is challenging for most people. While there is no simple or easy way to address the subject, AAA is here to help. People may visit seniordriving.aaa.com for some important tips.

The findings are part of the AAA LongROAD (Longitudinal Research on Aging Drivers) study, a multi-year research program to better understand and meet the safety and mobility needs of older drivers in the United States. The research was performed at Johns Hopkins University Bloomberg School of Public Health with support from the AAA Foundation for Traffic Safety.

To find out more about the report, people may visit Newsroom.AAA.com.

AAA Northeast is a nonprofit auto club with 62 offices in Rhode Island, Massachusetts, Connecticut, New Jersey, New Hampshire and New York, providing more than 5.7 million local AAA members with travel, insurance, finance and auto-related services.

Public Notices

**LEGAL NOTICE
CITY OF HOLYOKE
GAS & ELECTRIC
DEPARTMENT
ELECTRIC WIRE & CABLE
ANNUAL CONTRACT**

Sealed bids for the above named contract will be received by Holyoke Gas & Electric Dept. until **2:00 p.m., April 21, 2020** at the Office of the Manager, 99 Suffolk St., Holyoke, MA 01040, at which time proposals will be publicly opened and read.

Additional information may be obtained from:
Yocelyn F. Delgado
Holyoke Gas & Electric Dept.
99 Suffolk St.
Holyoke, MA 01040
ydelgado@hged.com
(413) 536-9308

The right is hereby reserved to reject any or all proposals, or to accept any proposal that in the opinion of the Manager may be for the best interest of the City of Holyoke.

Please mark sealed envelopes **“Bid for Electric Wire & Cable Annual Contract”**

and address them to:
James M. Lavelle, Manager
Holyoke Gas & Electric Dept.
99 Suffolk St.
Holyoke, MA 01040
4/09/2020

**Commonwealth of
Massachusetts
The Trial Court
Hampden Probate and
Family Court
50 State Street
Springfield, MA 01103
(413)748-7758
Docket No. HD20P0586EA
Estate of:
Donald E Mercier
Date of Death: 03/03/2020
CITATION ON PETITION
FOR FORMAL
ADJUDICATION**

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **James A Mercier** of Chicopee MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **James A Mercier** of Chicopee MA be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in an **unsupervised** administration.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 a.m. on the return day of 04/28/2020.**

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

**UNSUPERVISED
ADMINISTRATION UNDER
THE MASSACHUSETTS**

UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. **Barbara M Hyland**, First Justice of this Court.
Date: March 31, 2020
Suzanne T. Seguin
Register of Probate
4/10/2020

**LEGAL NOTICE
CITY OF HOLYOKE
GAS & ELECTRIC
DEPARTMENT
REPLACEMENT OF
NETWORK VAULT COVERS**

Sealed bids for the above will be received by Holyoke

Gas & Electric Dept. until **2:00 p.m., June 1, 2020** at the Office of the Manager, 99 Suffolk St., Holyoke, MA 01040, at which time bids will be publicly opened and read.

Bid Deposit:

A Bid Deposit equal to 5% of the total value of the bid must accompany all bids and may be in the form of a certified, treasurer’s, or cashier’s check payable to HG&E from a responsible bank or trust company; cash; or a bid bond from a licensed surety payable to HG&E.

Prevailing Wage Rates:

Prevailing Wage Rates set by the Mass. Dept. of Labor & Industries shall be paid to all people engaged in work under this contract.

Mandatory Pre-Bid Meeting:

Interested Bidders must attend a mandatory site visit to be held on May 4, 2020 at 10:00 a.m. The meeting will convene at 99 Suffolk St., Holyoke, MA. If an interested Bidder is unable to attend the mandatory pre-bid meeting scheduled for **May 4, 2020** (after reasonable best efforts are made to attend), please contact Yocelyn Delgado via written request to schedule an alternative site visit provided that such alternative date must occur no later than May 15, 2020.

Additional information may be obtained from:
Yocelyn F. Delgado
Holyoke Gas & Electric Dept.
99 Suffolk St.
Holyoke, MA 01040
(413) 536-9308
ydelgado@hged.com

The right is hereby reserved to reject any or all proposals, or to accept any proposal that in the opinion of the Manager may be for the best interest of the City of Holyoke.

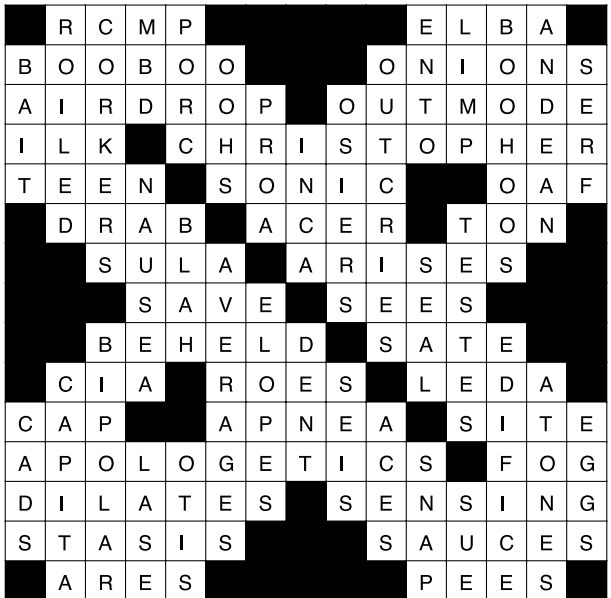
Please mark sealed envelopes **“Bid for Replacement of Network Vault Covers”** and address them to:
James Lavelle, Manager
Holyoke Gas & Electric Dept.
99 Suffolk St.
Holyoke, MA 01040
4/10/2020

HOW TO SUBMIT PUBLIC NOTICES

All public notices to be published in the Holyoke Sun should be sent directly to notices@turley.com. Jamie Joslyn processes all public notices for this newspaper and can answer all of your questions regarding these notices. Please indicate the newspapers and publication date(s) for the notice(s) in the subject line of your email. For questions regarding coverage area, procedures or cost, please call Jamie directly at 413-283-8393.

Turley Publications, Inc. publishes 14 weekly newspapers throughout Western Massachusetts. Visit www.turley.com for more information.

Please check the accuracy of your public notice prior to submission (i.e., date, time, spelling). Also, be sure the requested publication date coincides with the purpose of the notice, or as the law demands. Thank you.



The Sun

OBITUARY POLICY

Turley Publications offers two types of obituaries.

One is a free, brief **Death Notice** listing the name of deceased, date of death and funeral date and place.

The other is a **Paid Obituary**, costing \$120, which allows families to publish extended death notice information of their own choice and may include a photograph. **Death Notices & Paid Obituaries** should be submitted through a funeral home to: obits@turley.com.

Exceptions will be made only when the family provides a death certificate and must be pre-paid.

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2 Access archives and digital tear sheets by newspaper title.

3 Find a quick link to the state of Massachusetts’ public notice web site to search all notices in Massachusetts newspapers.

Public notice deadlines are Mondays at noon, Fridays noon for Monday holidays.

visit www.publicnotices.turley.com

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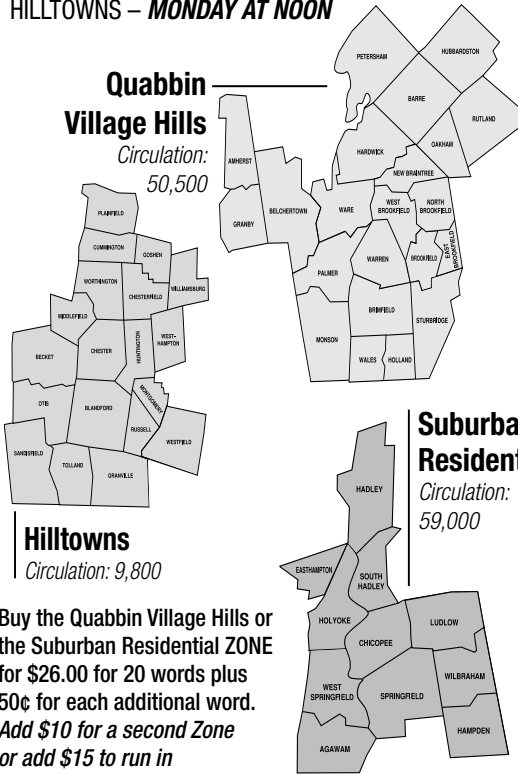
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5	6	7	8
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33	34	35	36
37	38	39	40

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The Holyoke Police Department recorded the following arrests March 30 through April 5. No arrests in the public log have been omitted. All suspects are innocent until proven guilty. There were no arrests in the public log for March 31.

Monday, March 30

A 16-year-old was arrested at 11:52 p.m. on Wolcott Street on a warrant, and also charged with carrying a dangerous weapon, possession of ammunition without a firearms license, and four counts of breaking and entering a vehicle or boat at nighttime for a felony.

A 16-year-old was arrested at 11:52 p.m. on Wolcott Street and charged with four counts of breaking and enter-

ing a vehicle or boat at nighttime for a felony.

A 15-year-old was arrested at 11:52 p.m. on Wolcott Street and charged with four counts of breaking and entering a vehicle or boat at nighttime for a felony.

Wednesday, April 1

Daniel Trujillo-Gonzalez, 20, of no known address, was arrested at 6:12 a.m. on Whiting Farms Road and charged with disorderly conduct, resisting arrest, malicious destruction of property under \$1,200, assault and battery, and threatening to commit a crime.

Thursday, April 2

A 17-year-old was arrested at 12:14

a.m. on Beech Street on three warrants.

Isaiah Joseph Calderon, 23, of 99 South St., Apt. 2L, Chicopee, was arrested at 3:25 a.m. on Beech Street and charged with driving with a suspended license, leaving the scene of property damage, resisting arrest, failing to stop for police, and using a motor vehicle without authority.

Grace Lane Miola, 30, homeless, was arrested at 7:44 p.m. on Dwight Street and charged with trespassing.

Friday, April 3

Nicholas Paul, 25, of 744 Britton St., Chicopee, was arrested at 11:25 p.m. on High Street and charged with driving under the influence of liquor, failing to stop or yield, and failing to

stop for police.

Saturday, April 4

A 14-year-old was arrested at 6:12 p.m. on North East Street and charged with receiving a stolen motor vehicle.

Sunday, April 5

Aaron Raymond, 42, of 101 Summer St., Claremont, N.H., was arrested at 10:28 a.m. on Northampton Street and charged with disorderly conduct, assault and battery on a police officer, and two counts of assault.

Victor Manuel Rios, 44, of 14 Grover St., 1st Floor, Holyoke, was arrested at 7:17 p.m. on Center Street and charged with possession of a class A drug and disorderly conduct.

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Demand is strong for expanded dual language program

By Michael Ballway
mballway@turley.com

Even with expansion to a third site, Holyoke schools still have unmet demand for enrollment in the dual language program, according to Erin Linville, the School Department's chief of strategy and turnaround.

The popular program will expand to a third school next year, with the conversion of a Kelly School kindergarten classroom to bilingual immersion. Dual language classes are taught in both English and Spanish, with a team of two educators.

"At Kelly, we have 33 percent of our students [as] English learners, and dual language programs are really shown to accelerate the academic achievement of students who

are English learners," Linville said at the March 30 meeting of the School Committee. "Families have strongly advocated for this."

Administrators try to keep the classes evenly split between students who speak English at home and those who speak Spanish at home. Following the initial enrollment period that ended March 6, all slots for English speakers have been filled at classrooms in all three dual language sites, including pre-kindergarten classes at Metcalf School and White School.

The district is still taking applications for students who primarily speak Spanish, both in the kindergarten classrooms and in grades 3-6. Application forms can be found at [www.hps.holyoke.ma.us/choose-](http://www.hps.holyoke.ma.us/choose-hps/register-your-student)

hps/register-your-student. The second round of applications ends May 1.

Applications are also being taken at that site for optional middle school programs, including Holyoke STEM Academy, Veritas Prep Holyoke, and Summit Learning at Peck.

The dual language program will also expand at its current two sites, Metcalf and White. In both cases, the students already in the program will move up a grade while remaining in the program, and a new pre-kindergarten classroom will be added. This means that in 2020-21, White will have dual language classrooms in pre-kindergarten to grade 3, rather than grade 2 as currently, and Metcalf will serve pre-kindergarten to grade 6, rather than grade 5. This will be the first expansion of Metcalf into

the middle school grades, and school administrators are still determining whether some of the classrooms need to be moved to a separate building.

Linville said the new classrooms mean two new teachers to be hired at White School, and at least two new teachers at Metcalf. At Kelly, the bilingual kindergarten will take the place of a current English-only kindergarten, so the teaching team will consist of existing staff, a kindergarten teacher and a paraprofessional who already work at Kelly.

Receiver-Superintendent Stephen Zrike said he had hoped, before the coronavirus pandemic put plans on hold, to have the question of where to house Metcalf's sixth grade resolved by mid-April. He said he will make the decision a priority.



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